



**Experiential Developmental Integrated Reading & Writing  
Summer I 2016, ENG 0310:001, M-F 8:00-9:35, FH 203  
Chris Garcia MA, RKC**

**Email:** [cgarcia@sulross.edu](mailto:cgarcia@sulross.edu)

**Phone:** 432-837-8338

**Office Hours:** M-F 9:35-10:35

**TEXTBOOKS:**

Handouts

**SUPPLIES:** Paper, pencils, pocket folder to keep handouts, and comfortable fitness cloths, and thin soled sneakers, and wide wrist sweat bands.

**Course Description and Learning Outcomes:**

The basis of the course is to use the skills of an effective reader and writer to learn and perform the six fundamental kettlebell lifts and apply these skills in an experiential manner.

After completing this course, the student should be able to demonstrate competency in the following:

1. Identifying the main idea, implied main idea, thesis and theme: (practical application with the kettlebell swing, get up, press, clean, squat, and snatch.)
2. Identifying supporting details for applied exercises
3. Vocabulary terms and Vocabulary in context: Learn new vocabulary words and learn the meaning of words using contextual clues as applied to fitness and Kettlebell training.
4. Patterns of Organization: We will learn to recognize and apply the list, time, definition and example, comparison and contrast, and cause and effect patterns to identify the support or mechanics of various kettlebell explosive lifts and grinds.
5. Execution of Skills: Students will display proficiency of at least three kettlebell exercises, two of which being the get up and swing. Students should also be able to explain these skills in written format using at least three patterns of organization.
6. Recognizing fact and opinion: determining the myths and truths about fitness
7. Inferences: drawing conclusion based on the GPP model

**Class Conduct:** Please be respectful to both the other students in the classroom and to your instructor. I have a zero tolerance policy toward bad classroom behavior. Problem students will be dropped from my course, and I will also recommend that you be expelled from the university.

**Attendance Policy:** Class attendance is mandatory and crucial to succeed in this course. You will be dropped with an "F" if you miss class four times. Students who are sleeping in class will be marked as absent. Students who sit and do nothing when in-class work is assigned will be marked as absent. Students who leave the classroom for extended periods of time will be marked absent, and students using cell phones or other electronic devices in class will be marked absent.

**Cell Phones and Electronic Devices:** Interruptions from cell phones or other electronic devices will not be tolerated. My suggestion is that you do not bring these devices into the classroom. If you do bring one to class, I will require you to turn it off at the beginning of class. Repeat offenders will be asked to leave the class, marked absent, and receive a zero on the next quiz.

**Participation and Attentiveness:** You are expected to actively participate in this class. I will not let you treat this course as a spectator sport. Because we are all at various fitness levels, I do not expect perfection, but I do want to see progress and earnest effort.

**Dean of Student Life:** If you experience other problems that may affect your studies, or you plan on being absent from school for an extended period of time, please contact the Dean of Student Life office in the University Center 211, 837-8037.

**Excused Absences:** Only school functions and emergencies that are recognized by the Dean of Student Life may be excused. If you are going on a school function, you must notify me a least one week prior to that function. Students participating in athletics must provide me with a schedule of events. If you have some kind of emergency, I must receive notification from the Dean of Student Life or it will **not** be excused.

**Grading:** The following is a breakdown of the grading system. Late work will **not** be accepted. It is **your** responsibility to find out what the assignments are if you are absent. Quizzes can be given any day of the week, so please be here.

**Quizzes:** Will be given on the handouts and lectures. These quizzes will not be long, but they will be frequent. I do **not** give make-up quizzes (unless you have a reason cleared through the Dean of Student Life's office), so be here. I will, however, let you retake up to seven exams. You must sit down with the tutor, and he or she must be satisfied that you understand the material before you will be allowed to retake the online exam. Quizzes make up **thirty percent** of your grade.

**Homework/Participation:** Every student starts out with 100 points for the Homework/participation grade. For each missed homework assignment, I will deduct 5 points from your 100. I will also deduct 5 points from your next exam. After the third offense, you will receive a zero on the next exam. My hope is that the penalty for not doing homework is so great that you will in fact do it. Sometimes I will collect the homework, other times I will go around the class and check it. I will also call on you to see if you have done it. If you don't have it done, just tell me you don't have it done. Remember, it is **your** responsibility to find out what the assignments are if you are absent. Never use the excuse, "I wasn't here," when called on to answer a problem. If you are absent, find out what you've missed by contacting another student in the class or me.

Participation will be taken into account on a weekly basis. Two points will be deducted each week from students that do not participate in class. Homework/Participation will make up **thirty percent** of your grade.

**Final Exam:** will be on all the concepts that we have learned as well as a demonstration of proficiency on three of the six kettlebell skills.

**The TSIA Exam:** You may elect to take the TSIA exam any time during the course. If you pass the exam, you will no longer be required to attend this course and will receive an "A."

**Extra Credit:** Extra credit will be given for personal kettle technique assessments which are video recorded and then then critiqued for strength and weaknesses in written format. Extra credit will also be given for performing short kettlebell/ body weight complexes and videoing them.

**Final grade break down:**

Essays/Writing Assignments	30%
Quizzes	30%
Participation	30%
Final Exam:	20%

A=90-100, B=80-89, C= 70-79, PR=69 and below with diligent effort, F= 69 and below

**Tentative Schedule (Subject to change according to the needs of the class)**

<b>W-6/1</b>	<b>Introduction to course, Safety &amp; KB History Becoming an Effective Reader, Listener, Writer, and, Trainee</b>
<b>R-6/2</b>	<b>The Hip Hinge and Dead Lift, #1 The KB Swing</b>
<b>F-6/3</b>	<b>Top Down/Bottom Up Logic, Main Idea and List pattern</b>
<b>M-6/6</b>	<b>Practice, GPP vs SST Comparison and Contrast</b>
<b>T-6/7</b>	<b>#2 TGU, TGU Benefits Main Ideas and Support</b>
<b>W-6/8</b>	<b><i>Essay 1 due!</i> Assessment &amp; Applying Self-Discovery: Learning in the UTube universe, Static vs Dynamic</b>
<b>R-6/9</b>	<b>The time pattern of organization, Intro to Minimalist Training, Less is More</b>
<b>F-6/10</b>	<b>#3 The Goblet Squat, Main Ideas and Support</b>
<b>M-6/13</b>	<b>The shoulder friendly pushup, Practice, Cause and Effect</b>
<b>T-6/14</b>	<b>Practice, Metaphors, Similes and Anecdotes.</b>
<b>W-6/15</b>	<b>#4 The Clean, Purpose and Attitude</b>
<b>R-6/16</b>	<b><i>Essay 2 due!</i> Practice, Squat Benefits, Main Ideas and Support</b>
<b>F-6/17</b>	<b>Fitness Fact and Fiction: Sorting Out the Truth</b>
<b>M-6/20</b>	<b>Practice</b>
<b>T-6/21</b>	<b>#5 The Press, Benefits Practice, Fitness Fact and Fiction</b>
<b>W-6/22</b>	<b>Practice</b>
<b>R-6/23</b>	<b>Program Development</b>
<b>F-6/24</b>	<b>Practice</b>
<b>M-6/27</b>	<b>Happy July 4<sup>th</sup>, No Classes!</b>
<b>T-6/28</b>	<b>The KB Complex</b>
<b>W-6/29</b>	<b>Practice</b>
<b>R- 6/30</b>	<b>Intro to the #6 The Snatch</b>
<b>F-7/1</b>	<b><i>Essay 3 due!</i></b>
<b>M-7-4</b>	<b>Happy July 4<sup>th</sup>, No Classes!</b>
<b>T-7/5</b>	<b>Final Exam</b>